

NUTRITION CARE DIVISION GENERAL LEONARD WOOD ARMY COMMUNITY HOSPITAL OUR DAILY SPECIALTIES

Menu subject to change based upon availability

THURSDAY

MARIA ROUENNA S. YATES, MHA, RD

SATURDAY

Chief, Nutrition Care Division

MAJ, SP

FRIDAY

		WEEK 2
MONDAY	TUESDAY	WEDNESDAY

GREAT BEGINNINGS	12-Jul-2015	13-Jul-2015	14-Jul-2015	15-Jul-2015	16-Jul-2015	17-Jul-2015	18-Jul-2015		
BREAKFAST	Fresh Fruit, Fruit Juices (V)	Biscuit Rolls	Breakfast Burrito	Breakfast Sandwich	Breakfast Burrito	Breakfast Sandwich	Fresh Fruit, Fruit Juices (V)		
MENU	Oatmeal/Grits (V)	Oatmeal/Grits (V)	Oatmeal/Grits (V)	Oatmeal/Grits (V)	Oatmeal/Grits (V)	Oatmeal/Grits (V)	Oatmeal/Grits (V)		
MON - FRI 0600-0900	French Toast (V)	Pancakes (V)	Waffles (V)	French Toast (V)	Pancakes (V)	Waffles (V)	French Toast (V)		
WKNDS & HOLIDAYS 0700-1000	Hash Brown Patties	O'Brien Potatoes	Hash Brown Patties	O'Brien Potatoes	Hash Brown Casserole	Shredded Hash Browns	Hash Brown Patties		
FEATURING:	Eggs/Omelets to Order	Bacon/Sausage	Bacon/Sausage	Bacon/Sausage	Bacon/Sausage	Bacon/Sausage	Eggs/Omelets to Order		
OMELETS MADE TO ORDER	Bacon/Sausage	Turkey Links	Grilled Porkchop	Corned Beef Hash	Turkey Links	Chicken Fried Steak	Bacon/Sausage		
MADE FRESH DAILY	Sausage Gravy/Biscuits	Sausage Gravy/Biscuits	Sausage Gravy/Biscuits	Sausage Gravy/Biscuits	Sausage Gravy/Biscuits	Sausage Gravy/Biscuits	Sausage Gravy/Biscuits		
PANINI OF THE DAY	Soup of the Day	Philly Cheesesteak	Chili	Reuben Panini	Chili	New Orleans Style Po Boy	Soup of the Day		
SOUPS	Baked Ham	Chili	GLWACH Tortilla Soup	Chili	Hot and Sour Soup	Chili	Blackened Tilapia		
MID-DAY FARE	Scalloped potatoes	Italian Wedding Soup	Beef/ Chicken /Fish Tacos	French Onion Soup	Pork Tenderloin w/ Peanut Sauce	Tomato Basil Soup	Country Fried Pork Steak		
LUNCH MENU	Macaroni and Cheese	Meat Lasagna	Pollo con Cilantro	Pepper Steak	Cashew Chicken	Meatloaf	w/ Pepper Gravy		

SOUPS	Baked Ham	Chili	GLWACH Tortilla Soup	Chili	Hot and Sour Soup	Chili	Blackened Tilapia
MID-DAY FARE	Scalloped potatoes	Italian Wedding Soup	Beef/ Chicken /Fish Tacos	French Onion Soup	Pork Tenderloin w/ Peanut Sauce	Tomato Basil Soup	Country Fried Pork Steak
LUNCH MENU	Macaroni and Cheese	Meat Lasagna	Pollo con Cilantro	Pepper Steak	Cashew Chicken	Meatloaf	w/ Pepper Gravy
MON - FRI 1100-1400	Grilled Zucchini (V)	Vegetable Lasagna (V)	Pork Pernil	Bayou Salmon	Vegetable Lo Mein	Blackened Catfish	Mashed Potatoes
WKNDS & HOLIDAYS 1000-1400	Home-style Dinner Rolls	Tuscan Herbed Fish	Mexican Rice	WING WEDNESDAY	Jasmine Rice (V)	Fried Catfish	Mixed Vegetables (V)
FEATURING:	Dessert of the Day	Breaded Veal Parmesan	Ranchero Beans (V)	Mashed Potatoes (V)	Fried Rice	Smoked BBQ Beef Brisket	Home-style Dinner Rolls
FRESH GRILLED ITEMS		Breaded Mushrooms (V)	Sonoma Vegetables	Wild Rice (V)	Asian Fried Cabbage (V)	White Rice (V)	Dessert of the Day
WRAPS & DELI SANDWICHES		Normandy Vegetables (V)	Mexican Corn (V)	Roasted Root Vegetables (V)	Key Biscayne Vegetables (V)	Hash Brown Casserole (V)	
- 4		Grilled Brussel Sprouts (V)	Taquitos	Garlic Green Beans (V)	Vegetable Egg Rolls (V)	Winter Blend Vegetables (V)	
Try our Vegetarian (V)		Garlic Bread	German Chocolate Cake/Parfait	Homestyle Dinner Roll	Apple Pie/Parfait	Okra w/ Stewed Tomatoes (V)	
Options!		French Silk Pie/Parfait	BURRITO BOWL BAR	Carrot Cake /Parfait		Cheddar Baked Biscuits	
BAKED POT/SWT POT BAR			BAKED POT/SWT POT BAR		SUNDAE BAR		
(الملكان)							

DINNER DISHES	WEEKEND MENU	Hot Specialty Soup & Chili	Hot Specialty Soup & Chili	Hot Specialty Soup & Chili	Hot Specialty Soup & Chili	Hot Specialty Soup & Chili	WEEKEND MENU
EVENING		Sausage & Peppers	Swiss Steak w/ Onions	Savory Baked Chicken	Potato Crusted Tilapia	Oven Baked Porkchops	
MENU		Oven Roasted Potatoes (V)	Mashed Potatoes (V)	Au Gratin Potatoes (V)	Couscous (V)	Garden Rice	
MON - FRI 1600-1800		Stewed Tomatoes w/ Zucchini (Sonoma Vegetables	Garlic Green Vegetables (V)	Normandy Vegetables (V)	Fire Roasted Apples	
WKNDS & HOLIDAYS 1530-1730		Normandy Vegetables (V)	Broccoli Spears (V)	Bermuda Vegetables (V)	Glazed Carrots (V)	Grilled Brussel Sprouts (V)	<u>.</u>
FEATURING:	Mixed Vegetables (V)	Garlic Bread	Wheat Dinner Roll	Homestyle Dinner Roll	Wheat Dinner Roll	Baking Powder Biscuits	Mixed Vegetables (V)
FRESH GRILLED ITEMS	Dessert of the Day	French Silk Pie	German Chocolate Cake	Carrot Cake	Apple Pie		Dessert of the Day
SALADS & DELI SANDWICHES					_		